

Forget Toxic Supplements — You Can Only Get Vitamin B12 From Animal Foods

JB bartoll.se/2024/11/vitamin-b12-supplement-scam-toxic

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The supplement pushers at T-Nation are back with another ignorant and potentially dangerous advertisement article — this time “tackling” the problem of vitamin B12 deficiency among clueless and dumbed down plant-based morons.

Before we get ahead of ourselves and laugh our asses off from reading their “recommendations,” let’s start from the beginning and see what else they got wrong.

“When researchers studied over 160,000 vegans and vegetarians, they discovered an alarming trend: their mental health was not good. They were twice as likely to take medication for mental illness, three times as likely to consider suicide, and had higher rates of depression, anxiety, mood swings, and mental fatigue.”

What did they expect? I’ve worked with close to a hundred ex-vegans helping them back to become healthy humans once again by adopting our natural human diet of animal-based foods — and I’ve heard and witnessed all the horror stories about brain fog, mental decline, mental illness, obsessive disorders, anxiety, depression, apathy, and so on, and on, and on — and I’ve also witnessed all the extreme bodily damage these deadly and evil diets do.

As I said, this should not come as a surprise, as we know through biology, physiology, and especially biochemistry that all compounds in plants are not chemically compatible with how we store nutrients in our bodies. We are obligate hyper carnivores and lack the digestive system and the enzymes to get enough “nutrition” from plants — and especially to deal with the thousands of toxins. I covered this in-depth in yesterday’s article that really made waves on social media. If you missed it, read it now before carrying on.

According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that **humans are obligate hyper carnivores**, meaning they require a diet consisting mainly of animal-based foods to thrive.

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells. This fundamental disparity renders plant compounds toxic to the human body, precluding any potential health benefits.

Chemical Incompatibility

Plant compounds, such as phytochemicals, are synthesized through primary or secondary metabolism in plants. These compounds are designed to serve specific functions in plant growth, defense, or competition, but they are not adapted for human biology. In contrast, human cells contain unique biomolecules that are essential for maintaining cellular homeostasis and function.

The chemical structures of plant compounds are distinct from those found in human cells, making them incompatible with human metabolism. This incompatibility leads to toxic effects, as the body struggles to process and eliminate these foreign substances.

Lack of Health Benefits

Given the toxic nature of plant compounds, it is not possible for them to provide health benefits to humans. Any claims suggesting otherwise are unfounded and lack scientific support.

So, if you cannot get enough nutrition, you develop nutrient deficiencies which severely hamper most functions and processes within the body. As a result, your body starts to consume itself to keep up with all essential functions. Also, as for the brain, it requires a lot of animal (saturated) fats, and especially cholesterol, to function. Something that is non-existent in these retarded plant-based slave diets. So, again, no surprise that mental decline and other mental disorders are some of the first signs of malnutrition in vegans.

Cholesterol is an indispensable component of brain function and health, as all cells in the brain, including neurons and glial cells, are composed of cholesterol. This essential fatty molecule plays a vital role in maintaining the structural integrity and functional specificity of brain cells.

1. A diet rich in cholesterol, particularly from animal-derived sources, is essential for maintaining optimal brain health.
2. Deficiencies in dietary cholesterol may contribute to neurological disorders, such as Parkinson's disease, which has been linked to impaired cholesterol metabolism in the brain.
3. Understanding the unique requirements for cholesterol in the brain highlights the importance of a balanced diet and potential therapeutic strategies targeting cholesterol metabolism for brain-related diseases.

"But why? Most evidence points to dietary deficiencies in iron, omega-3s, and especially vitamin B12. According to studies, 73% of vegans have a deficiency or insufficiency of B12 because it's naturally found in animal products. Among non-vegans, 15% of US adults have low levels, and it's closer to 30% in older adults."

Yes, this is because these nutrients do not even exist in plants, so they rapidly decline within our bodies and hardly become noticeable on blood tests. Now, other vitamins and minerals do exist in plants, but only as "precursors," as they are not in the correct chemical form, they are all inorganic and non-bioavailable to humans. They need to be converted to an organic bioactive form by our bodies, a process that is extremely limited. And that means that these inorganic "nutrients" will saturate your blood and show up on a blood test, but it does not tell us anything about how much that your body managed to convert to a usable bioactive form. Also, what did not get converted is extremely toxic and will do a lot of damage to blood cells and tissues. I've covered this as well in many articles. And as a note, if your blood levels are high in a nutrient after supplementation or consuming a lot of a specific plant edible, it simply indicates that none of that nutrient is actually absorbed and used by the body. It simply sits around in the blood doing damage until finally broken down and discharged.

According to biology, physiology, and biochemistry, vitamins and minerals in plants are available in inorganic form. However, humans need to convert them into organic bioactive compounds to utilize them. This conversion process is limited, resulting in a significant amount of inorganic compounds remaining in the body.

Conversion to Organic Bioactive Compounds

When humans consume plants, the inorganic vitamins and minerals need to be converted into organic bioactive compounds to be utilized by the body. This conversion process involves various biochemical reactions, including enzymatic reactions and metabolic pathways.

Limited Conversion Process

However, the conversion process is limited, and not all inorganic vitamins and minerals can be converted into organic bioactive compounds. As a result, a significant amount of inorganic compounds remains in the body, which may not be utilized effectively.

Plant-based nutrients, however, require conversion by the body before they can be utilized. This conversion process can be incomplete, leading to a significant portion of these nutrients being excreted or stored as toxins in tissues. The body's inability to fully utilize plant-based nutrients can result in:

- Excess accumulation of certain compounds, such as phytates, oxalates, or polyphenols, which can become toxic to tissues.
- Incomplete breakdown of complex carbohydrates, proteins, and fiber, leading to impaired nutrient absorption and potential adverse effects.

And that means that vegans and vegetarians are actually deficient in pretty much every single nutrient, as a blood test is totally irrelevant. It tells you nothing of how much is converted and used by the body. Only frequent tissue samples would tell the real story. However, that is not needed as we can clearly see the result of retarded veganism by simply looking at a vegan, as they all look like rotting zombie corpses and are completely mentally ill and erratic. That is what real starvation does to you, what multiple nutrient deficiencies will cause if left unchecked.

Blood Tests Detect Total Nutrient Content

According to biology, physiology, and biochemistry, a blood test does not differentiate between an inorganic unusable vitamin or mineral and a bioactive usable vitamin or mineral. It only shows the combined content of both types. This means that a blood test may not accurately reflect the body's usable vitamin or mineral levels, as it cannot distinguish between the two forms.

What Does B12 Do Anyway?

- *“B12 plays a crucial role in producing red blood cells. Deficiency leads to megaloblastic anemia, characterized by fatigue and weakness.*
- *It’s essential for DNA production, which is necessary for cell division and renewal.*
- *It maintains the myelin sheath, the protective covering around nerves, supporting brain health and reducing the risk of neurological issues.*
- *B12 supports the metabolism of fats and proteins and plays a role in energy production by helping convert carbs into glucose.”*

Yes, vitamin B12 is involved in the citric acid cycle, also known as the Krebs cycle or tricarboxylic acid (TCA) cycle, which is a metabolic pathway that plays a crucial role in the production of energy in cells. It’s needed for the breakdown of carbohydrates if you’re stupid enough to consume them, but the citric cycle also involves fats and protein. And just as important, if not more so, the citric cycle is involved in the synthesis of amino acids and the life-giving cholesterol. So, lacking B12 will interfere with any kind of muscle building efforts and with your energy production, making you tired and sluggish, and likely mentally challenged, just like a vegan zombie.

What are the Signs of Low B12?

“The Mental Stuff: Mood changes, depression, anxiety, cognitive decline, low motivation or apathy, brain fog and inability to focus, emotional flatness, irritability, and even paranoia.”

Yes, that sounds like your typical plant-based indoctrinated zombie.

“How the heck does B12 affect all those things? In part by synthesizing serotonin and dopamine, crucial for regulating mood and emotional balance. B12 also helps break down homocysteine, an amino acid that can increase the risk of mood disturbances and cognitive impairment when it’s too high.”

Yes, and you also need to take into account that anyone who has a vitamin B12 deficiency also has other nutrient deficiencies and they especially lack animal fats and cholesterol, the two most important nutrients for brain health — as I covered many, many times.

“The Physical Stuff: Fatigue and weakness, tingling/numbness in the extremities, and (weirdly) tongue inflammation.”

Yes, as with most nutrient deficiencies we have fatigue, lethargy, muscle weakness, numbness, tingling, shortness of breath/breathlessness, heart palpitations, mouth ulcers, eczema, hair loss, vitiligo (light skin patches,) hyperpigmentation (darker skin spots,) and anemia.

How Much B12 Do I Need?

“On paper, not that much. The recommended daily intake is about 2.4 mcg. However, people with digestive problems have a hard time absorbing it.”

Again, all these recommendations are pulled out of a bunch of corporate agenda-driven asses representing the food industry and big pharma. Seriously though, the baseline for nutrient recommendations are based on average levels seen in people that do not show any symptoms of deficiencies. However, as most people consume some of the wrong chemical inorganic form of most nutrients, very little of them actually gets converted and used by the body. Most of them remain in their inorganic form and just sit around in your blood, giving a very skewed blood measurement, which is what these morons base their recommendations on when reviewing “scientific research.”

So, the real uncensored truth is that no one knows exactly how much we need of any micronutrient. But with that said, we also know that anyone who has some meat in their diet on a daily basis never shows any signs of nutrient deficiencies, so going animal-based or carnivore is the absolute best way to guarantee a fully nourished body and also peak health and longevity. If you consume animal foods daily, you have absolutely nothing to worry about. It's that simple, and again, very logical and it should be common sense.

Based on the provided information, it is clear that animal-based foods are the sole source of essential nutrients for humans, with all nutrients present in their fully bioavailable form. Here are some key points that support this statement:

1. **Protein:** Animal products, such as meat, poultry, fish, eggs, and dairy, provide high-quality protein that is easily absorbed and utilized by the human body.
2. **Vitamins:** Animal-based foods are the primary source of vitamins B12, B6, riboflavin, niacin, and vitamin A (in its usable form). These vitamins are essential for various bodily functions, including energy metabolism, nerve function, and immune system health.
3. **Minerals:** Animal foods contain higher, more bioavailable levels of essential minerals like zinc, iron, calcium, and phosphorus. These minerals are crucial for bone health, immune function, and various metabolic processes.
4. **Micronutrients:** Animal source foods (ASF) are the only natural source of vitamin B12 and vitamin A in its usable form. Vitamin A is essential for cognitive and physical development in children, and vitamin B12 is necessary for the production of red blood cells and nerve function.
5. **Nutrient synergy:** Animal-based foods provide a synergy of nutrients, with each component enhancing the absorption and utilization of others. This synergy is not replicable in plant-based foods, which often lack one or more essential nutrients.

In contrast, plant-based foods may be deficient in one or more essential nutrients, and their bioavailability may be lower due to factors like phytic acid, lectins, and other anti-nutrients. While plant-based foods can provide some essential nutrients, they do not offer the same level of nutrient availability and synergy as animal-based foods.

In conclusion, based on the available information, only animal-based foods have all essential nutrients for humans in their fully bioavailable form.

According to physiological and biological principles, **animal-based foods are the sole source of all essential bioavailable nutrients required by humans.**

Within the realm of physiology and biology, a distinction exists between animal-based and plant-based foods regarding toxin presence. Animal-based

“Certain common drugs also interfere with absorption or utilization, including drugs that reduce stomach acid (Prilosec, Nexium, Prevacid), H2 receptor antagonists (Zantac, Pepcid), metformin, oral contraceptives, antibiotics, nitrous oxide (which inactivates B12), certain cholesterol-lowering drugs, and more. Alcohol also depletes B12, which is why many take it as a hangover helper.”

You should never take any kind of drugs or medications. The only time it might be warranted is if you have screwed up your physiology so badly that going through the day is unbearable and you can't even prepare or get some animal-based foods down. Then, use them sparingly while focusing on eliminating your toxic load and nourishing your body with animal foods, and then slowly get yourself off the drugs, preferable while doing some fasting. If you need help, [you know where to reach me.](#)

What Foods Contain B12?

“Liver (75 mcg) and clams (84 mcg) contain the most. You're certainly covered there. But luckily, less divisive foods also have it:

- *Beef: 1.5 mcg per 3-ounce serving*
- *Fish: Tuna has 2.5 mcg per 3-ounce serving. Salmon and trout have about double that.*
- *Milk and Yogurt: About 1.2 mcg per cup*
- *Cheese: 0.9 mcg per ounce*
- *Eggs: About 0.6 mcg per large egg”*

Organ meats are superfoods, they are nature's own “supplement boxes.” While fatty red meat contains all the nutrients you need to thrive, I do recommend having some organ meats every month to really make sure you are maximally nourished.

Personally, I have about 500 grams or more of fatty beef with 6 to 8 eggs every day, year round. The rest varies, but that's my base. As for organs, I start on a big veal liver every 3 to 4 weeks and consume it in 7 to 10 days or so. Of course, all raw, but that is my personal preference as it's much easier digested and more nourishing for you than anything cooked, and I've also been doing this for almost 7 years now. Most people who are new to an animal-based or carnivore diet start out with cooked food and move towards cooking as little as possible.

Why Do Supplements Contain So Much B12?

Perhaps because people think it's real B12 and the acute poisoning from the fake artificial and highly toxic supplemental B12 gives them a fight-or-flight response, as in an "energy boost" and thus feeling more alert and focused. Combine that with all the other fake and toxic versions of vitamins and other chemicals that, for example, are in an energy drink, and you can imagine the buzz they get from such severe acute poisoning. It's a chemical shitstorm of poisons. Also, since B12 is not even available in plants, they fortify foods with the toxic stuff to compensate, as in artificial fake B12.

"Anecdotally, people say B12 gives them energy, focus, and alertness. Supplemental B12 certainly does that if you're correcting a deficiency. Studies on mega-doses are limited, but people report cognitive-enhancing effects."

No, you dimwits. Very little of that artificial B12 will be converted to actual active methylcobalamin or adenosylcobalamin with the correct chemical bonds that the body can use.

Also, you do not "correct" a nutrient deficiency in minutes after taking something. It takes days or even weeks to fix a deficiency, as the nutrients need to be broken down, absorbed, used and stored until the stores are filled. A somewhat immediate energy boost after taking something is thus from an acute response by the body, as in taking something that is toxic, slightly poisonous, and/or interferes with your central nervous system or other processes. That is also common sense and very well documented in biology, physiology, and biochemistry.

You guys at T-Nation are so clueless it's embarrassing.

"B12 does play a role in how most people perceive 'energy.' B12 is involved in converting food (particularly carbs) into glucose, which your body uses for energy. So, while B12 itself doesn't 'give you energy,' it does support metabolic processes that sustain energy production. B12's effect on nerve cell health also supports mental clarity."

We covered this at the beginning of the article review.,

“Energy drinks often contain enormous amounts of B12. For people with digestive issues or for those taking drugs that interfere with B12, these mega-dosages ensure they’re getting enough. Plus, since B12 is water-soluble, any excess is excreted rather than stored in the body, so it’s virtually impossible to “overdose.”

No, it’s not impossible to overdose, as the artificial B12 is not chemically compatible with our physiology. It still needs to be converted, even if they claim that the artificial and supplemental B12 looks like bioavailable methylcobalamin, it’s still derived from inorganic compounds and simply a chemical shitstorm that the body has to deal with.

This means that the more artificial B12 you consume, the more of the non-converted B12 will accumulate in the blood and has to be discharged by the body as it’s very toxic and does a lot of damage. So, “overdosing” is simply an issue depending on interpretation, as any amount of artificial B12 will cause damage. The question is, where do you draw the line? And do not forget everything else most people consume that also contributes to the toxic load. Singling out one component is impossible, it’s the total toxic load that is the issue.

What Form of Supplemental B12 is Best?

None “supplemental” form at all. There is only one source. The natural organic, bioactive, and fully bioavailable form that is identical to how we store it in our tissues, and that form is only found in animal foods. No exceptions.

“Methylcobalamin is the naturally occurring, active form of B12. It’s the most bioavailable. Other forms, like cyanocobalamin, are artificial and must be converted into methylcobalamin in the body. Cyanocobalamin can also cause some people to develop rashes or acne. So, stick to methylcobalamin.”

Yes, the two bioactive forms of vitamin B 12 are methylcobalamin found in the cytosol of cytoplasm and adenosylcobalamin within the cell’s mitochondria. However, any form of artificial and supplemental “methylcobalamin” is still not the same as the bioactive form of methylcobalamin found in our cells, or in the cells of an animal.

“Sublingual methylcobalamin works very well. If you’re an energy drink fan, Spike Energy Drink and Colorado Crush, contain 1000 mcg of methylcobalamin B12.”

Are you guys at T-Nation seriously recommending toxic and harmful energy drinks as a source of vitamin B12? As in a source of fake, toxic and harmful vitamin B12? I’m almost at loss for words.

Well, not really. You are complete morons!

Never touch any kind of vitamin- or mineral supplements! And stay away from all plant-based and processed foods, especially those that are “fortified” with said toxic artificial micronutrients.

And it should go without saying that if you have one or several nutrient deficiencies, you should really take a sober look at your nutritional approach, as in your current diet, and not reach after a quick-fix, such as a supplement (which does not work anyway.)

A diet that is deficient or even lacking in nutrients is not a diet, it's unnatural, it's insane!

With that being said, and to summarize, if you consume meat on a daily basis, or better yet, you actually care about your health and longevity and are fully carnivore, then you never have to worry about a single micronutrient or any kind of deficiency. It's impossible to develop any kind of deficiency or toxicity when your diet is animal-based. You can only develop nutrient deficiencies by consuming too much toxic plant-based and/or processed foods.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

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